

## 1    **ABSTRACT OF THE DISCLOSURE**

2            A chair includes a seat, two legs, two transverse bars, a first cross bar securely  
3    and firmly formed on one of the two legs and sandwiched between the two transverse  
4    bars and a second cross bar securely and firmly formed on the other one of the two legs  
5    and sandwiched between the two transverse bars. The second cross bar has two securing  
6    blocks extending out of two distal ends of the second cross bar and into corresponding  
7    two securing holes defined in the inner side faces of the two transverse bars so as to  
8    secure position of the second cross bar relative to the seat, the two securing blocks being  
9    selectively retracted inside the second cross bar and having escaped the corresponding  
10   securing holes. The chair height is able to be adjusted by moving the second cross bar to  
11   different securing holes.